

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | January 2024

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Please send original, full resolution photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Cape Hiking 2024 started out with a pleasant hike through Audubon's Great Neck Wildlife Sanctuary in Wareham, MA. *Photo by Robin McIntyre*

## Cape Hiking kicks off 2024 in Audubon preserve

By Robin McIntyre, Cape Hike Chair

Eleven hikers started the New Year together on January 4th at Great Neck Audubon in Wareham. This 4.4-mile trail has towering pines, evidence of quarrying of pink granite, old horse stables, and old stone walls from farming over several centuries. Views include Widow's and Bass Coves on Onset Bay with the Bourne Bridge and Railroad Bridge in the background, and a former religious retreat and seminary.

A deer was spotted before many of the hikers arrived. The majority of the pathways are covered with white pine needles, which are easy on the knees for hiking. The hikers enjoyed a January 40-degree day, although the light wind made for chilly air. This location would also be great for snowshoeing or cross-country skiing—just need some snow!

According to its website, "This Mass Audubon preserve connects several land conservation areas and private land protected by conservation restrictions to create over 300 acres of contiguous open space. A network of paths meanders through the woods, along the marsh, and up to a lovely scenic vista that overlooks an active osprey nest." See more [here](https://www.massaudubon.org/great-neck-wildlife-sanctuary).



## View from the Chair: Resolve to join in, contribute, & welcome

**HAPPY NEW YEAR!** As we begin 2024, I want to wish you, your families, and your loved ones a year of health, happiness, and meaningful endeavors.

The New Year is a time when we make resolutions, many around improved health and fitness. Rather than an expensive gym membership, I say register today for one of our outdoor activities. We have [activities](#) for all levels.

The holiday season can be challenging for many. If you felt isolated during the holidays, SEM is not just about being outdoors, it's about forming meaningful relationships, and it's inclusive of everyone—youngsters, adults, and retirees. Join us on one of our local hikes and allow us the opportunity to welcome you into our community. We organize events on both weekends and weekdays.

The New Year is also a time for reflecting on the past year. Do you feel good about your level of contribution to your community? We have several volunteer positions available; I urge everyone reading this to [review the opportunities](#) and consider applying for one or more. If you're retired and miss working with a team, this is for you. If you're currently employed, these volunteer roles can help you develop your leadership and interpersonal skills and enhance your resume.

Finally, I'd like to share a personal detail: I am a first-generation American. I pledged my Citizenship Oath in 2008 at the historic Faneuil Hall. I am proud knowing that the United States was built on the contributions of immigrants from every corner of the world. As a chapter, we welcome everyone into the outdoors, and I encourage us to extend this spirit of inclusivity in a broader context in whatever way is appropriate for you.

Happy Trails!

*Paul Brookes, Chapter Chair*

### 2024 Executive Board

Chapter Chair .....Paul Brookes  
Vice Chair .....Jeannine Audet  
Secretary.....Lindsey Meyers Bertone  
Treasurer .....Earl Deagle  
Past Chapter Chair .....Diane Simms

### 2024 Standing Committees

20's & 30's Chair & Vice Chair.....OPEN  
Biking Chair .....Bill Trimble  
Biking Vice Chair .....Open

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
Webmistress.....Cheryl Lathrop  
Nominating Committee Chair.....Ken Cohen  
Diversity, Equity, Inclusion.....Pending

Cape Hiking Chair.....Robin McIntyre  
Cape Hiking Vice Chair .....Janis Delmonte  
Communications Chair .....Lara Szott  
Communications Vice Chair.....OPEN  
Conservation Chair .....Zoe Rath  
Conservation Vice Chair .....Paul Williams  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar  
Hiking Chair .....Bill Belben  
Hiking Vice Chair.....OPEN

Membership Chair.....Nancy Piedra  
Membership Vice Chair .....OPEN  
Paddling Chair & Vice Chair.....OPEN  
Skiing Chair .....Dia Prantis  
Skiing Vice Chair .....OPEN  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

Please contact  
[chair@amcsem.org](mailto:chair@amcsem.org) or  
[nominatingchair@mcsem.org](mailto:nominatingchair@mcsem.org) if  
you are interested in any open  
position.





**New hike leader  
Sandra Alisch  
enjoys many  
outdoors  
activities.**

*Photo by  
Robin McIntyre*

## **Cape welcomes Sandra Alisch as new Level 1 Hike Leader**

**By Robin McIntyre, Cape Hiking Chair**

Cape Hikes welcomes Sandra Alisch as our newest Level 1 Hike Leader. Sandra, a Massachusetts native, summered on the Cape as a child and has lived here most of her adult life. She is a retired nurse, primarily working in the emergency room at Brockton Hospital. She can frequently be seen out walking with her Newfoundland pup on the canal and around Bourne. Her other interests include Nordic walking, traveling, kayaking, knitting, and quilting. Since retiring, she began hiking with the Cape Cod Nordic Walking Club, and became one of their hosts, leading hikes on the Upper Cape.

After doing several of the hikes on the Cape with SEM, Sandra attended the leadership training in April 2023. She did her first co-lead with Robin McIntyre as her mentor in October at the Bourne Sisters, Perry Woodlands, and Leary Properties in Bourne. She pre-hiked with Robin, did a portion of the trailhead talk, and signed in hikers. This hike, with frequently rolling hills, a cranberry bog, and views of Back River marshes, encompasses both Bourne Conservation Trust and Town of Bourne properties.

Sandra did her qualifying hike on December 14 at the Lyman Reserve in Buzzards Bay, an area that she had scouted on her own. This hike included both Trustees of the Reservation and Wareham Land Trust properties. She sent Robin all the information needed for the hike posting and pre-hiked it with Robin. She signed in all participants and screened two hikers who were new to AMC.

## **Registration closes Jan. 17 for Annual Summit Jan. 20**

AMC's 148th Annual Summit will be held on Saturday, January 20, 2024, at the Four Points by Sheraton in Norwood, MA. This one-day event will include a full schedule of learning opportunities, a delicious lunch in the Four Points ballroom with a presentation of AMC awards, the Annual Business Meeting for AMC members, and a fun social hour.

**Come support AMC-SEM Chapter Chair Paul Brookes and Hiking Chair Bill Belben as they receive their award plaques as 2023 Volunteers of the Year.**

This year's Annual Summit will focus on four learning tracks: Volunteer Leadership; Conservation and Research; Diversity, Equity, and Inclusion (DEI); and About AMC. Wilderness First Aid and Mental Health First Aid workshops are offered separately for an extra fee.

The Annual Summit is open to members of the public, AMC members, volunteers, and staff. Current AMC members in good standing can vote for the 2024 AMC Board of Directors slate. The election slate and voting information will be emailed to current AMC members. Members can vote electronically until midnight January 17, 2024. Members can vote in person on the morning of January 20 at the Annual Summit.

The Annual Business Meeting includes a Report from Board Chair Yvette Austin and AMC's Treasurer, Kathy Campbell. Click [here](#) for our 2024 Slate of Officers.

For complete information on the Annual Summit, the Registration form, and to request financial assistance, click [here](#). Member registration is \$65; General Registration is \$75.

Sandra's trailhead talk for the nine hikers included the AMC waiver, Leave No Trace, hiking together as a group, bio break opportunity, and information about the terrain and properties. During the hike, she added more information about the properties, including plans for more trail work by Spring 2024 by the stewards. After the hike, she received a round of applause from the hikers, her AMC Volunteer patch, and First Aid kit.

Welcome to Sandra as our newest leader!



The AMC Harvard Cabin near Pinkham Notch is a center for many winter activities. *Photo from AMC website*

## Cross-country skiing in NH for Presidents' Day weekend

By Dia Prantis, Skiing Chair

We are opting for a new adventure during President's Day weekend, February 16-19, by staying at Harvard's lower cabin on Route 16, not far from the Pinkham Notch Visitor Center. The cabin has a full kitchen and large gathering space that is heated and has a gas fireplace. The sleeping arrangements are an upstairs platform space, where we'll need to bring mattress pads and our sleeping bags. Most important, unlike the huts, it'll be warm!

In Jackson, we have multiple ski options: Bretton Woods is one of the largest cross-country ski areas in the east, and Great Glen Trails Outdoor Center in Gorham is another large ski area. In February, we have the best chance of having a good foundation of snow and enjoying the best of winter!

The leaders will offer dinner options Saturday and Sunday night, as well as breakfasts on Sunday and Monday mornings that we'll prepare in the kitchen. Participants are also welcome to prepare their own food or venture into North Conway, where there are many restaurants and bars. Getting outdoors, camaraderie, and



Warm, spacious common area. *Photo from Harvard Cabin Facebook page*

good food make for a great way to spend the long winter weekend! Registration is only \$60, which makes it an unbeatable deal as well. You can register [here](#).



Kathy Nash has "the right stuff" for SEM leadership. *Photo by Robin McIntyre*

## Hiking family grows with new Level 1 leader Kathleen Nash

By Tracy E. Hawes, Hiking Vice Chair-Destinations

On November 26, 2023, Kathleen Nash completed her qualifying hike for Level 1 Hike Leader certification by leading a group of hikers at Allen's Pond in the Westport/Dartmouth area. According to Kathleen's mentor for this hike, Susan Rollins, Kathleen did an outstanding job with everything. Everyone had a great time!

Kathleen will be a great addition to our local hike leaders. I have hiked with her through a few Bioreserve and Blue Hills Trail Tracing hikes and on one hike at 2023 August camp in Oregon. She is easy going, informed, and holds a balance of all the right ingredients for leadership.

When Kathleen isn't volunteering for AMC-SEM, she is teaching children and photographing the amazing scenery of the hikes. Please congratulate Kathleen on her accomplishment and look for her upcoming local hiking trips!

## Mark your calendars now!

For members who really like to plan ahead:

### Chapter Hut Weekend 2024

September 27-29, 2024

Cold River Camp in Evans Notch, NH

<https://www.coldrivercamp.org/about>

### 2024 Annual Meeting and Dinner

November 9, 2024

The Bay Pointe Club





## 'I would walk 500 miles and I would walk 500 more...

By Ben West, Hiking Leader

For the past several years, SEM has been presenting hikers with patches for hiking 100 AMC miles in a single calendar year or achieving 500 or 1000 AMC miles over cumulative years. Over the past five years, 47 people have earned 100 mile single-year patches (including several who have done it in multiple years), 21 have earned their 500-mile patch, and 7 have earned their 1000-mile patch! [Click here](#) to view the patch criteria and [click here](#) for the complete all-years "Finishers" list!

While earning any of these patches is quite an accomplishment, there are a handful of people we wish to recognize for particularly noteworthy mileage-tracking feats:

- This past December, **Deb Sepinwall** became only the second SEM hiker ever to earn her 500-mile patch in her **first year** of tracking. (**Barbara Lightizer** was the first, in 2022.) Deb earned her 100-mile patch in early March, and was among the first ever to earn the Fall River Bio-reserve 20-mile Loop Trail patch - which she completed in a single day. She also completed her first Blue Hills Winter Trail Trace in 2023, and became one of SEM's many outstanding new hike leaders! If she keeps this up, she'll need a bigger pack to attach all her patches!
- **Joanne Newton** became the first person to reach the milestones of 2,000 and 2,500 AMC miles hiked. She was the leader in miles hiked in 2023 with 668.
- **Ken Cohen** has earned a 100-mile patch in **each of the past 5 years** – the only person to have done so. Three others have earned it in four of the past five years, including **Bill Belben**, **John Schepis**, and **Karen Foley**.
- **Ken Cohen** also holds the lead for the most AMC cumulative miles tracked, with over 1,870 miles tracked as of mid-December. **Karen Foley** is not far behind, having tracked over 1,500 miles.
- The all-time SEM leader for AMC miles hiked in a single year is **John Schepis**, who hiked 791 AMC miles in 2022. The runner up is **Walt Granda**, right behind John with 771.75 miles in 2019.

Why not get in the game yourself? It's fun, easy, and a great way to motivate yourself to do more. To track your AMC miles hiked and start earning your own patches, just send an email to Bill Belben at [HikingChair@amcsem.org](mailto:HikingChair@amcsem.org), and copy Tracy Hawes at [HikingViceChair@amcsem.org](mailto:HikingViceChair@amcsem.org).

and ask to be added to the tracker. Just remember—only miles hiked on AMC activities count, so be sure to check out the last pages of this newsletter to find the upcoming SEM activities that are right for you!

Congratulations to those hikers who earned a [Winter Trail Trace the Blue Hills](#) patch this year:

### First Time White Map

Judith Watson  
Deborah Sepinwall  
Larry Petrone  
Leslie Egan  
Irene Scharf  
Madelyn Atwood  
Maria Sestina  
Susan Stoll

### Second Time Nick Georgantas

### Fourth Time Joanne Newton

### Fifth Time Joanne Newton

Congratulations to those hikers who earned a [Trail Trace the Blue Hills](#) patch in 2023:

### First Time White Map

Nate Parsons  
Irene Scharf  
Pamela Aberle  
Kathy O'Keefe  
Ann Murphy

### Second Time Blue Map Diane Simms Barbara Lightizer

### Third Time Green Map Nick Georgantas

### Fourth Time Orange Map Nick Georgantas

### Fifth Time Yellow Map John Schepis

### Sixth Time Purple Map

Ken Cohen  
John Schepis  
Karen Foley

### Ninth Time Silver Map Joanne Newton

### Tenth Time Gold Map

Bill Belben  
Joanne Newton

### Eleventh Time Bill Belben Joanne Newton

### Thirteenth Time Paul Brookes Bill Doherty

### Fourteenth Time William Doherty





## Hiking Milestones

## Hikers' patches

Continued from page 4

Congratulations to those hikers who earned patches for their mileage achievements in 2023:

### 100-Mile Finishers

Barbara Lightizer  
Madelyn Atwood  
John Schepis  
Susan Stoll  
Irene Scharf  
Stephanie Cavallaro  
Ben West  
Tracy Hawes  
Deborah Sepinwall  
Anne McKee  
Pam Aberle  
Bill Belben  
Sujatha Srinivasan  
Abi Natarajan  
Ken Cohen  
Kathy O'Keefe

Karen Foley  
Patty Everett  
Ann Rega  
Raju Jaldy  
Anne Duggan  
Paul Brookes  
Gloria Urrejola  
Fortnam, Annie  
Kathleen Nash  
Gaughan, Barbara  
Diane Ryberg  
Rosie Williams  
Gerard Campbell  
Satterwhite, Christine  
Lars Quicklund  
Hiroko Hardebeck

### 500-Mile Finishers

Larry Petrone  
Abi Natarajan  
Raju Jaldy  
Ben West  
Madelyn Atwood

Stoll, Susan  
Irene Scharf  
Patty Everett  
Barbara Gaughan  
Deb Sepinwall

### 1000-Mile Finisher

Barbara Lightizer

Congratulations to those hikers who earned our new [Bioreserve Loop](#) patch once or multiple times in 2023:

Walt Granda  
Ben West  
Bill Belben  
Becky Forand  
Brian Gollub  
Leslie Egan  
Deborah Sepinwall  
Ben West  
Tracy Hawes  
Jeannine Audet  
Paul Audet  
Charusmitha Ram  
Sujatha Srinivasan  
Erich O'Neil  
Martin Simmons  
Dominique Ciampa  
Dvir Blander  
Renee Pittelli  
Dexter Robinson  
Joanne Newton  
Karen Foley  
John Schepis  
Nick Georgantas  
Janel Paquin  
Stephen Kiley  
Susan Kenney  
Brian Kenney  
Nancy Tutko  
Deborah Sepinwall  
Brian Duane  
Abi Natarajan  
Diane Ryberg  
Megan Stirk  
Adam Wood  
Christine Pilotte

Tabitha Gendreau  
Erin Waldron  
Ben Elgart  
Mala Krishnamurthy  
Scott Wright  
Virginia Garcia  
Nicole Wong  
Bob Paquette  
Kerry Camara  
John Chenard  
Lloyd Mendes  
Lauren Braegelmann  
Jannine Weakley  
Jeannine Audet  
Paul Audet  
Kathy O'Keefe  
Christine Satterwhite  
Brian Gollub  
Annmarie McKee  
Ken McKee  
Pam Aberle  
Rosie Williams  
Ann Rega  
Tracy Hawes  
Diane Simms  
Walt Granda







## How the SEM Vase for our Chapter Chairs came about

By Paul Brookes, Chapter Chair

Paul Brookes, SEM Chapter Chair and Jeannine Audet, SEM Vice Chair attended the Chapter Chairs Retreat held at the Harriman Center in June 2023. Some of the chairs of other AMC chapters shared that they had created something that served as a memento for their Chapter Chairs over time. They passed this memento from Chair to Chair as they served their terms. Paul and Jeannine thought this was a wonderful way to honor the service of Chapter Chairs, and wanted to start this tradition for SEM.

Jeannine contacted Kevin Mulligan, an AMC member who has been creating wood artwork for the past several years, to see if he could make something for SEM. Kevin had a relationship with the arborists who trimmed trees twice a year at the Arnold Arboretum, and he carved the SEM vase from a piece of Chinese Elm harvested from the arboretum.

Robin McIntyre, SEM Cape Hiking Chair (2024) put Jeannine in contact with Ellen Adamson, who added the forest green etching of the AMC logo to the vase. The wooden base with the engraved plate was made by Glass Graphics.

At the 2023 SEM Annual Meeting and Dinner, Jeannine Audet presented the Chapter Chairs Memento, for the first time, to Paul Brookes, the current Chapter Chair. All of the past chairs present were asked to come up and be part of the presentation.

Moving forward, the current chair will keep the vase throughout their term and then pass it on to the next Chapter Chair, on completion of their term, at the SEM Annual Meeting and Dinner.

For a complete list of Past Chapter Chairs, click [here](#) and scroll down to the last page.



Chapter Chair Paul Brookes will hold the vase through his term.  
*Photo by Tracy Hawes*



Madelyn Atwood, left, with Tracy Hawes and other hikers.  
*Photo by Anne Marie McKee*

## Madelyn Atwood is our newest Level 1 Hike Leader!

By Bill Belben, Hiking Chair

Madelyn Atwood has been an ever-present participant on many of our local hikes over the past few years. This year she made the decision to become a Level 1 Hike Leader for us, and we are very happy that she did.

Madelyn completed her qualifying Level 1 hike on November 28 by leading a very large group of hikers on a new fall hike in the Blue Hills. Madelyn meticulously checked off all the boxes as she prepared and led the hike. She literally went the "extra mile(s)" for this hike as she pre-hiked it not once, but twice, to make sure she knew every twist and turn on the route. During the hike, Madelyn made sure that everyone was comfortable and having a great time. She was rewarded at the completion of the hike with a round of applause and thumbs up from everyone.

When Madelyn isn't hiking, she loves to read and spend time with her daughters, Emma and Stephanie.

Madelyn will make a great leader for SEM, and she has already signed up to help us on several of our Winter Trail Trace the Blue Hills series hikes.







You call this snow? *Photo by Nancy Tutko*

## Heading west in search of snow

By Bill Belben, Hiking Chair

A hearty group of 40 hikers headed west on January 6th to summit Mt Greylock as part of our SEM Beginner Winter Hiking Series. The group split into four subgroups with plans to hike a loop route of the Gould Trail and Cheshire Harbor Trails and hopes to cross paths on the Appalachian Trail as we reached the Greylock Summit.

Expectations for snow were low at the trailhead, where we encountered bare ground followed by some sporadic icing on the trail as we started to ascend. Undeterred and with micro-spikes on, we continued upward and were soon rewarded with up to three inches of white frosting that covered the trees and carpeted the ground. The groups all reached the summit within 15 minutes of each other, and it was great fun to see so many smiling faces.

If you haven't been part of the winter hiking series yet, there's still time. Our [next hike](#) is planned for February 3rd, when we head north to tackle the mighty Mt. Moosilauke. Our series culminates March 1-3 with an overnight hike to the Lonesome Lake Hut in Franconia Notch.



Yep, there's snow up here at Bascom Lodge, built in 1937.  
*Photo by Raju Jaldy*



On top of Mt. Greylock, the highest point in Massachusetts.  
*Photo by Bill Belben*



Left: Selfie with nine photo-bombers. *Photo by Rosie Williams*. Right: Janet Harris at summit's panoramic photo of points of interest. *Photo by Nancy Tutko*



Shelter sign photo-op: Madelyn Atwood, left, Anne Marie McKee. *Photos by Srini Iyengar*. Srini himself. *Photo by Madelyn Atwood*

More photos on page 9





Photo by Whit Hanschka

## Volunteer Of the Month: Nancy Tutko

By Bill Belben, Hiking Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best. This month, it is with great pleasure that the Hiking Committee recognizes Nancy Tutko.

Nancy lives on the beautiful island of Martha's Vineyard and works part time for a trails program, which can make it challenging to help out with off-island activities, but that hasn't deterred Nancy from making significant contributions to our SEM Hiking Program.

Nancy has put together several hikes on Martha's Vineyard, which are much more complicated than just planning a hike route and leading the hike. Logistics planning around ferry schedules and transportation to and from the ferry terminal to the hiking location add a level of complexity that Nancy must manage in order to pull off a successful hike.

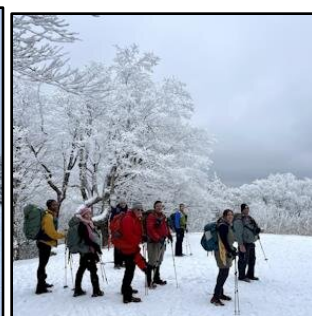
Nancy also has a love of hiking mountains, especially in the winter, and since mountains are hard to find on Martha's Vineyard, she frequently comes off-island to participate in our destination hiking activities to New Hampshire and western Massachusetts.

Nancy is a very creative thinker and likes to make the activities that she leads more than just a summit of a mountain. In 2023, she planned and led a trip to tour the Hermit Lake Shelter, followed by a hike up into the bowl of Tuckerman's Ravine to observe the skiers. Currently she is planning for a follow-up hike in February that will also include a presentation from a member of the Mt. Washington Avalanche Center.

Nancy has also been an integral member of the leadership team putting together our 2023-2024 winter hiking program. She was a presenter at our Winter Hiking Workshop and managed the logistics for the January 6th hike of Mt. Greylock that had 40 participants. She is also planning an off-season multi-day event on Martha's Vineyard that will include a stay at the Long Point Wildlife Refuge, and hikes of Chappaquiddick, the Chilmark Moraine, and Aquinnah.

We are honored and lucky to have Nancy as part of our chapter and thank her for all of her efforts. Nancy will receive a Volunteer of the Month Certificate and a \$50 REI gift card.

## Search for snow Continued from page 8



The Veterans War Memorial Tower was the place for group photos—once we got there! *At left, photos by Janet Harris, Raju Jaldy, Susan Cummings, Srinu Iyengar. At right, photos by Nancy Tutko, Susan Cummings.*



## Conservation Bingo Challenge: Earn the patch, and the chance of prizes By Zoe Rath, Conservation Chair

AMC-SEM's new Conservation Bingo card is a new way to earn your Conservation Patch by changing some of your own practices and promoting conservation efforts in your community.

### How to qualify for an AMC-SEM Conservation patch?

Just complete the actions in two horizontal rows, two vertical rows, or the two diagonal rows and email a PDF or JPG file showing your filled-out squares to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).

Patches will be mailed out to qualifiers starting this month.

### How to qualify for the Earth Day gift card drawing?

Complete three horizontal, vertical or diagonal rows by Earth Day, April 22, 2024. Email your PDF or JPG file, and your name will be entered for one chance in two prize drawings, first for a \$50 AMC gift card and then for a \$50 REI gift card (one of each card will be awarded to each of the two winners).

### How can you earn an extra chance in the drawing?

Complete at least **four** rows by April 22, 2024. Email your PDF or JPG, and your name will be entered twice in the drawing.

Get more information and download your Bingo sheet [here](#). You can add details to your email on the actions you completed where needed, but for many just check the squares or the list on the website.

### How does everybody win?

Every habit changed, every action taken, creates a more sustainable environment and health benefits for us all and our families.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**SEM AMC CHAPTER**  
**EARTH DAY CONSERVATION**  
**BINGO CHALLENGE 2024**

**How to Qualify for an AMC-SEM Conservationist Patch?** Fill 2 bingo rows (vertically or horizontally) by April 22, 2024. Email pdf or JPG of the completed bingo card to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).  
**Conservation Bingo Earth Day Drawing?** Fill out at least 3 rows to qualify for a drawing of 1-2 gift cards a \$50 AMC gift card or \$50 REI card. Include detail on some of these but many a simple check mark is fine. \*Each person can enter the drawing twice by filling out at least 4 rows of bingo by April 22nd. <https://bit.ly/SEM-Bingo-24> to see the full Conservation Bingo Challenge 2024 and info sheet.

Write an elected official about a conservation-related topic.	Collect rainwater to use for watering the lawn and garden.	Carpool to an AMC event. Ask the trip leader for help organizing this.	Start or continue using a compost pile.	Swap out your single-use items at home and repurpose 5 glass or plastic containers.
Attend an AMC conservation event or some other environmental awareness event.	Watch a movie/documentary about a conservation issue.	Read a book about a conservation topic.	Attend a trail clean-up event.	Plant native plants in your garden.
Shop at thrift stores.	Bring a reusable mug; many coffee cups cannot be recycled and end up in a landfill.	Pick up trash when you see it on the ground even if it isn't yours.	Practice Leave No Trace on a trip/hike.	Bring bag to collect trash and you tip on a hike.
Commit to stop using Roundup and other chemical weed killers.	Drink tap water/avoid using single-use bottles.	Choose non-toxic chemicals in the home and office.	Ride a bicycle instead of driving.	Read about how to eat a more sustainable diet.
Use pet-safe snow melt.	Store reusable silverware and cloth napkins in your car or bag (ready for to-go food).	Walk to nearby store instead of driving.	Join AMC's Conservation Action Network.	Eat low on the food chain for weeks. A vegetarian or vegan diet is a low-carbon diet.

Start earning your Conservation Patch by changing or adding habits that help the environment.

Examples include carpooling, composting, reading about conservation issues, shopping at Thrift Stores, and using non-toxic chemical products at home and work. And turning down the thermostat in winter!

Every step by each person brings us closer to a healthier planet for all of us!

## Conservation Corner: Five reasons to turn down the thermostat By Zoe Rath, Conservation Chair

- **Below 75 and you save your houseplants.**

Unless you have tropical plants in the winter, your plants need less water and they expect a lower temperature.

- **Below 70 Degrees: Lose Weight (Without Hitting the Gym)**

"When the temperature drops, your energy expenditure increases, so you burn more calories (roughly 100 more a day)" ([BrightNest](#))

- **Below 65 helps your fridge stay cold!**

When your house is cooler, your fridge doesn't need to work as hard to keep food cold and frozen. "Try dropping the temps dramatically for a few days if you're heading out of town. Just don't go below 55 degrees Fahrenheit or you'll be battling frozen pipes!" ([BrightNest](#))

- **Below 65 for a better night's sleep**

You have a better chance of falling into a deep sleep in a cold room. "Sleeping in a cool room can help you combat insomnia by lowering your body temperature, which then slows down your metabolism rate. As a result, you don't spend as much energy during sleep, and you're less likely to wake up in the middle of the night." ([Forbes](#))

- **Save energy (carbon footprints), save cash!**

"Each one-degree drop can reduce your energy bill by 1-3 percent. Tip: To save even more money, drop your thermostat by five to ten degrees while you sleep. Not only will you get a better night's sleep, you'll lower your energy bill by 10-15 percent!" ([BrightNest](#))

[Calculate Your Carbon Footprint](#)





Cape hikers pause by one of many ponds on this 100-acre nature preserve in Wareham. Photo by Susan Cummings

## Hikers enjoy wildlife, water views of Great Neck

By Robin McIntyre, Cape Hike Chair

On a brisk but blue-sky December morning, 14 hikers enjoyed the woods, trails, and water views of Great Neck in Wareham, MA. After being treated to a deer sighting as we gathered prior to starting off, leader Robin McIntyre described the properties of over 100 acres belonging to the Wildlands Trust, New England Forestry Foundation and Minot-Weld Conservancy.

We had views of Little Harbor in Buzzards Bay and Swan Pond as we enjoyed the pine forests and a former sheep farm. This 4-plus-mile hike also featured some previously quarried granite boulders and old stone walls. Our hikers came from as far as Orleans to Marion to enjoy this lovely area.

## Winter reading list for weather that's truly frightful

By Bill Belben, Hiking Chair

There's nothing like a good book (paper, e-book, or audiobooks) for those frigidly cold days when all you want to do is stay inside. Below is a list of some of our favorite reads about what else—Outdoor Stuff.

- *Not Without Peril* by Nicholas Howe
- *Where You Will Find Me* by Ty Gagne
- *The Last Traverse* by Ty Gagne
- *Where's the Next Shelter?* by Gary Sizer
- *A Walk in the Woods* by Bill Bryson (also a movie starring Robert Redford and Nick Nolte)
- *Grandma Gatewood's Walk* by Ben Montgomery

- *The Hiking Book from Hell* by Are Kalvo
- *When You Find My Body* by D. Dauphinee
- *Wild* by Cheryl Strayed (also a movie starring Reese Witherspoon)
- *Critical Hours* by Sandy Stott
- *52 with a View* by Ken MacGray
- *Massachusetts Trail Guide* (AMC) by John Burk
- *AMC White Mountain Guide*
- *50 Hikes in Eastern MA* by Madeline Billis
- *Appalachia: A History* by John Alexander Williams
- *Mass Audubon Explore* newsletter
- *Native Plant News* from Native Plant Trust

And two more recommendations from Ken Cohen:

- *The Unlikely Thru-Hiker* by Derick Lugo
- *Way Out There* by J.R. Harris

## An avalanche is snow joke (ba dum tss)

By Bill Belben, Hiking Chair

Puns aside, clearly an avalanche is no laughing matter. Some of you may already be aware of this incident: On December 9th, a backcountry skier triggered an avalanche while descending Airplane Gully in the Great Gulf Wilderness of the White Mountains. Fortunately, the skier did not get buried, but did suffer an open fracture of his tibia and fibula and required a helicopter rescue. [This link](#) provided by Dexter Robinson provides all the details.

These were very experienced skiers who seemed to take all the right actions in trying to evaluate the risk of avalanche before deciding to ski down, yet they still triggered one. This is a very interesting and sobering read.

If you are ever planning on winter hiking/skiing in a White Mountain backcountry wilderness area, it's a good idea to check the Mount Washington Avalanche Center [website](#) before heading out.



View from the rescue helicopter of the avalanche path. Black outline added.

Photo from the Mt. Washington Avalanche Center



## Longtime members are the Heart of our AMC-SEM chapter

By Paul Brookes, Chapter Chair

*"The mission of the Appalachian Mountain Club is to foster protection, enjoyment, and understanding of the outdoors."—AMC*

You don't protect what you don't love, which is why we organize outdoor activities. Our leaders introduce people to the enjoyment and understanding of the outdoors. From that foundation people start giving back because their love of nature compels them. Participants become activity leaders, they reduce their personal carbon footprint, they become local activists.

Older members who can no longer climb Mt Washington or bike a hundred miles remain members and continue to pay their membership dues because they believe in the mission of the AMC. With that in mind, AMC-SEM wants to pay tribute to our longtime SEM members. These members have reached 10 Years, 25 Years, and 50 Years of uninterrupted membership with AMC in 2023.

### 50-year members

Louise Anthony  
Paul Anthony  
Eric Cornetta

Sandra Farrell  
Charles Farrell  
Carlton Hoagland  
Richard Moore

### 25-year members

Joyce Ames  
Phyllis Bernard  
Wesley Blauss  
Erika Bloom  
Bob Busby  
Maureen Conte  
Jerry Cormier  
Paul Currier  
Robert Flagg  
Paula Foresman  
William Gately

Joan Hartnett-Barry  
Leanne Hurley  
James Kilpela  
Marcel Laflamme  
Mark Leahy  
David McBain  
Janice McBain  
Stephen Najarian  
Charlotte Sudduth  
Carol Swiech  
William Todd  
Michael Touloumtzi

### 10-year members

Geoffrey Baltera  
William Becker  
Joanna Buffington  
Bradford Butman  
Robert Cavanaugh  
Rachel Conti  
Joanne Cook  
Paul Cuniff  
Kevin Curry  
Susan H. de Villers  
Paul J. de Villers  
Roland Dion  
Bruce Dunham  
Tony Esposito  
Michael Fandel  
John Feerick  
Maria Fonseca-Campbell  
Louise Foster  
David Gallot  
Normand Goyette  
Paul Grant  
Reed Hamilton  
John Haynes  
Mark Haynes  
Mark Higgins  
James Hinchey  
Brad Jones  
Ronna Kazarian  
Brenda Lasorsa  
Gary Linehan  
Stephen Lynch  
Karen H Lynch  
Claire MacDonald  
Craig MacDonald  
Susan Mancuso  
William Martin  
Danielle McCaffrey

Anne McCracken  
Gary McGovern  
Jane McGovern  
Peg Merzbacher  
Thomas Merzbacher  
Lars Michelsen  
Joseph Mullen  
Joseph Mullin  
Sharon Mullin  
Elizabeth O'Reilly  
Thomas O'Reilly  
Todd Palmatier  
Sara Phillips  
Russell Pichette  
Helen Pichette  
Pamela Polloni  
Chris Polloni  
Chris Post  
Judith Prentiss  
Clifford Prentiss  
Katherine Reynolds  
Martin A Reynolds  
Marc Rousseau  
Eliza Schacht  
Mariellen Sears  
Charles Shurtleff  
Jeffrey Sine  
Tova Soyt  
Diane Sullivan  
Michael Sweeney  
David Titus  
James Vanderhey  
Emily Verge  
Steven Verge  
Patricia Weinard  
Frank Werny  
Susan Wheeler  
Richard Whidden  
John Wojcik







Apply Now for 2024 opportunities for Trail Work in the Maine AMC Woods! *Photo from AMC Maine Chapter*

## Scholarships for Maine trail work weekends, fellowships for leaders

By Phil Coyne, Trails Chair, AMC Maine Chapter

Exciting opportunities await you in 2024! The Maine Chapter of the Appalachian Mountain Club (AMC) is currently accepting applications for our Peter Roderick Trail Scholarships and John Mullen Trail Fellowships. Whether you're new to trail work or have experience and aspire to take on leadership roles, there's something for everyone.

### Peter Roderick Trail Scholarships:

If you've never tried trail work, our Chapter-sponsored trip to the Maine Woods is the perfect opportunity. Named after the dedicated volunteer Peter Roderick, this scholarship covers all costs for overnight lodging and food during one of four trail work weekends. We're offering multiple scholarships, with three spots available for each trip. Apply and join us in preserving the beauty of AMC's Maine Woods.

### John Mullens Trail Fellowships:

For those with trail work experience and a desire to deepen their involvement, the John Mullens Trail Fellowship is designed for you. Named after the devoted volunteer late John Mullens, this fellowship is for individuals committed to taking on a leadership role in trail work parties and obtaining advanced trail maintenance skills. If you're ready to make a lasting impact in the Maine Woods, we want to hear from you.

### Important Details:

For those unfamiliar with trail work at the Maine AMC lodges, each trip begins with Friday evening dinner and concludes after lunch on the Monday. Three nights of bunkhouse accommodations, meals, and trail work equipment are provided at no cost to selected recipients. Don't miss this chance to experience the beauty of the Maine woods while contributing to AMC's mission.

Applications will be accepted until the deadline or until all slots for each trip are filled. Decisions for all 2024 trips will be made on a rolling basis, so apply now! Additional information and applications are on our website [here](#).

### 2024 Trips:

May 24-27, Lyford  
June 21-24, Gorman  
June 21-24, Medawisla  
October 11-14, Medawisla

This program is open to any new or current AMC member who shares a passion for working outdoors. If you're not already a member, join now to be eligible for this unique opportunity.

For those interested in one-day trail work opportunities or seeking more information, email us at [trails@amcmaine.org](mailto:trails@amcmaine.org).

We look forward to seeing you on the trail!

## SEM Memory: S'no reason not to go paddling



Spring circa 1991:

At least a couple of intrepid paddlers braved the snowy banks and frigid waters of the Deerfield River.



## Activities

For the most current information, [search activities online](#)

### CAPE HIKING

**Thu., Jan. 18. Hike Quashnet River, Falmouth / Mashpee, MA.** This is a 4.2 mile hike along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Sturdy hiking footwear recommended, poles if desired. Unfortunately, last minute unexpected events, most often weather related, forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Deborah Hayden ([shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Sat., Jan. 20. Hike Bearberry Hill Truro, Truro, MA, MA.** We will be meeting at 9:45 AM on Saturday, January 20, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. This 2.5-hour hike covers 4.5 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rkaiser@comcast.net](mailto:rkaiser@comcast.net))

**Sun., Jan. 21. Hike - Thoreau's 7 Ponds, Newcomb Hollow Beach parking lot, MA.** In his book, "Cape Cod", Henry David Thoreau describes the area where we are hiking which includes 7 ponds: Gull, Higgins, Williams, Slough, Horse-Leech, Round, and Herring Ponds. The hike will primarily be on sandy roads with good footing. There are some woodland paths from the roads to a few of the ponds. The terrain includes some gradual ups and downs on moderate hills. We will hike at a normal walking pace. There will also be a short segment on the ocean beach. In support of AMC's mission of conservation, anyone interested in carpooling should meet at the TJ Maxx parking lot in Orleans with an expected departure time from the parking lot of 12:15 PM. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed for this hike. Contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. One pair is Medium (men's shoes 8-11, women's 9-12) and one pair is large (men's 11-14, women's 12+) Directions: Take Route 6 East into Wellfleet and turn right onto Lecount Hollow Road. In .7 miles turn left onto Ocean View Road. In 3.3 miles you will arrive at Newcomb Hollow Beach parking lot. Unfortunately, last minute unexpected events, most often weather, forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thanks. L Keith Magyar (860-919-4007, [kjm1020@comcast.net](mailto:kjm1020@comcast.net))

**Thu., Jan. 25. HIKE Lyman Reserve and Red Brook Trail Network Buzzards Bay, MA.** 4 mile relaxed hike through Lyman Reserve and the new Red Brook Network Trail. Mostly flat with a few hills. We will hike along the Red Brook River a sea trout catch and release river, along an Atlantic pine barren and through remnants of an old cranberry bog and pine rich forest. This is a Show and Go event. Please bring water, wear appropriate footwear, microspikes if icy, poles if desired. Occasionally hikes need to be cancelled due to weather. Please check the website on the date of the event to make sure it's not cancelled. Cape Hike has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. Contact the hike leader BEFORE the hike so the leader can arrange to have them available to borrow. Size medium (men's 8-11/women's 9-12) and large (men's 11-14/women's 12+). In support of our conservation mission, please carpool when possible. L Sandra Alisch (508-364-5660, [sgna@comcast.net](mailto:sgna@comcast.net).) Level 1 leader)

**Sun., Jan. 28-28. Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas though hunting is prohibited on Sunday by MA state law. Bring water, sturdy hiking footwear, microspikes if icy, poles if desired. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. If you would like to borrow either, contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. In support of our conservation mission, please carpool when possible. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 leader.)





## Activities

For the most current information, [search activities online](#)

### CAPE HIKING

**Thu., Feb. 1. Hike Beebe Woods - Falmouth, MA.** This is about a 4 mile hike in Beebe Woods and along the adjacent Peterson Farm property. The hike is over varied terrain with several short hills and views of two small ponds. There are resident sheep at Peterson Farm which we should see. Expect well-used trails with exposed rocks and some roots. If conditions are icy or snowy traction devices for boots are strongly recommended. This is a Show and Go hike. If it is canceled due to inclement weather there will be a change on the website. Please be sure to check on the day of the hike for updated status. From the Bourne Bridge head south on Route 28 into Falmouth. Proceed through the intersection at the first stop light and go approximately ½ mile to right on Depot Avenue. Proceed up the hill and pass Highfield Hall to parking area behind Highfield Theater. Arrive by 9:45 AM. L Deborah Hayden ([shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Sat., Feb. 3. Hike Long Nook Truro, Truro, MA.** 2.5 hour hike. Visit abandoned AF Base, PAYOMET, and Jenny Lind Tower. Excellent high cliff ocean views. Directions: From Route 6 in Truro take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:30 pm. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Feb. 4. Hike - Cataumet Greenways and Red Brook Pond, Cataumet, Bourne, MA.** This Show and Go hike is 4 miles, 2 hours on wooded paths with modest hills, views of Red Brook Pond and bogs. There is one road crossing. Bring water. Sturdy hiking shoes recommended, microspikes if icy, poles if desired. We will be along some areas so dress for wind/cold in layers. Must have hiked a similar distance recently and be able to maintain a moderate pace. Cape Hikes has 2 pairs of hiking poles and microspikes that can be borrowed. Please contact the leader ahead of time if you would like to borrow either or both. If possible, carpool to support AMC's mission of conservation. Please check the website for last minute cancellations, most often due to weather. From Cape side, Bourne Bridge, take Rte 28S for 4.0 miles. Take 1st exit off rotary for Cataumet. Quick left at blinker on 28A, go .8 miles. Right on Scraggy Neck Rd Ext by Somerset Ice Cream for .2 mile. Left then quick right to continue on Scraggy Neck Road, under railroad bridge for .6 miles total. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista opposite 129 Red Brook Harbor Road, Cataumet. From Route 151 and 28A, go 1 mile and fork left onto County Rd at flashing light. Go .2 mile and go left at Scraggy Neck Road. Go .6 miles, passing under railroad bridge. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista opposite 129 Red Brook Harbor Road, Cataumet. L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 8th year Level 1 Cape Hikes/SEM leader with prior WFA training) L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com), Cathy is a long-time Cape Hike leader with WFA who also enjoys hiking in the Blue Hills.)

**Thu., Feb. 8. Hike--Flax Pond Conservation, Dennis, MA.** This 2 hour 4 mile hike is over rolling hills near Flax Pond, a golf course, and wooded trails in a watershed area of a water district. Bring water, wear sturdy hiking footwear, microspikes if icy, poles if desired. Please check the website on the day of the hike in case of cancellation, most often due to weather. If the hike is missing on the list, it has been cancelled. From Rte 6, old Exit 8, north to Rte 6A, Yarmouth, and turn Right. Go Right on Setucket Rd, continue beyond Yarmouth/Dennis town-line, and park on Left at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. L Janet Kaiser (774-534-2281 before 8 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), Janet is a longtime Cape Hike leader, AMC liife member) L Richard Kaiser (508-246-7582 before 8 pm, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Feb. 11. Hike Scorton Creek East Sandwich, East Sandwich, MA.** The hike will be on wooded trails with great views of the saltmarsh, we will skirt cranberry bogs and see remnants of a state-run bird farm. Terrain is flat with lots of roots. Sturdy footwear is essential. Bring fluid for hydration. Driving directions: If coming from off Cape take Sagamore Bridge to Rte. 6 and drive to Exit 61 Quaker Meetinghouse Rd, turn L off ramp and drive to Rte 6A and turn R proceed to Old County Rd opposite E Sandwich Post Office turn R proceed to 2nd cutout opposite Nye Estate and park in cutout off the road. From outer Cape take Rte 6 to exit 63 Chase Rd/, turn R off of ramp and proceed to Old County Rd on L, turn L and proceed to 1st cutout on L across from Nye Estate and park in cutout off of pavement. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net) Current Cape Hike Chair, many years as leader.)



## Activities

For the most current information, [search activities online](#)

### CAPE HIKING

**Sat., Feb. 17. Hike Head of the Meadow Truro, Truro, MA.** 2.5 hour hike. Short beach walk on Head of the Meadow Beach and then hike in the rolling hills of pine forests. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Feb. 22. Hike Monks Park and Little Bay Conservation Monument Beach (Bourne), MA.** 4 mile relaxed hike is through rolling pine and oak forests at Monks Park and Little Bay Conservation area. This area is part of the Falmouth moraine which was formed by glaciers during the last Ice Age. There are beautiful views of Little Bay. The beach is a popular kayak launch, a favorite dog beach and shellfish area. This is a Show and Go event. Please bring water, wear appropriate footwear, microspikes if icy, poles if desired. Occasionally hikes needed to be cancelled due to weather. Please check the website on the day of the event to make sure it's not cancelled. Cape Hike has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. Contact the hike leader BEFORE the hike so the leader can arrange to have them to borrow. Size medium (men's 8-11/women's 9-12) and large (men's 11-14/women's 12+). In support of our conservation mission, please carpool when possible. L Sandra Alisch ([sgna@comcast.net](mailto:sgna@comcast.net), Level 1 leader)

**Sun., Apr. 28. Hike Coonamessett River Headwaters, East Falmouth, Falmouth, MA.** An easy 2-hour hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River ("river" on the Cape refers to anything wider than a foot!) and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. We may even see some herring returning from the sea to the pond, as they do every April. Wear appropriate outerwear and footwear for the temperature and weather. Hiking poles and boots are always appropriate. Ticks, mosquitoes, and poison ivy are likely to be encountered and preventative measures should be taken. Bring any medications you might need during the hike, and water and snacks if you wish. To learn if the hike is cancelled due to inclement weather, or for other reasons, go online in the morning to see if the hike is still listed - if the listing is gone the hike is cancelled. If in doubt, or for any questions, contact the leader. To support its conservation efforts, the AMC urges attendees to carpool when possible. Cape Hikes has 2 sets of hiking poles that can be borrowed for this hike. Contact the hike leader before the hike so the leader can arrange to have them available for your use. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been a Level I Cape Hiking Leader for 20 years.)

### DIVERSITY, EQUITY, & INCLUSION

**Tue., Jan. 23. SEM Diversity, Equity and Inclusion (DEI) discussion via Zoom, online, MA.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. 20's & 30's Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. As we all know, our younger members are the future of our chapter, and we are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? Perhaps this could be a role you would consider. For more information on the responsibilities of the 20's & 30's chair click on 'Roles & Responsibilities' under Related Link(s) however although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).





## Activities

For the most current information, [search activities online](#)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Hiking Vice Chair of Local Walks and Hikes, MA.** We are looking for a SEM hike leader interested in working with Bill Belben and Tracy Hawes as an additional Hiking Vice Chair with a focus on Local Hikes and Walks (as opposed to Destination hikes). For more information, please contact Bill Belben our Hiking Chair at [HikingChair@amcsem.org](mailto:HikingChair@amcsem.org) or Tracy Hawes our Hiking Vice Chair at [HikingVicechair@amcsem.org](mailto:HikingVicechair@amcsem.org)

**Ongoing. Biking Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

**Ongoing. Communications Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our communications committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. We are particularly looking for someone with good organizational skills, who is tech savvy and detail oriented who would support the activities of the Communications Chair. You do not need to be active outdoors to do well in this role. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Skiing Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Diversity Equity & Inclusion Committee.** Our DEI committee works to welcome everyone to our activities, especially previously underrepresented groups. All you need for this committee is openness, interest, and enthusiasm. Our next task is to create the content for our DEI webpage. For more information, you can discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Ken Cohen by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or our chapter chair Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Nominations Committee Members.** Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. For more information contact Ken Cohen by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Communications Committee Members.** We are looking for people to train under our current Communications Committee volunteer staff as backup and support for the following roles. Social Media Administration: Will work with Lisa Robitaille our Social Media Administrator. Web development and maintenance. Will work with Cheryl Lathrop our Web Mistress who maintains our SEM Website. Editing and typesetting: Will work with Mo Walsh who produces our monthly Breeze magazine. We are also looking for someone with Video editing skills to help generate video content for our website. For more information contact Ken Cohen by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org)



## Activities

For the most current information, [search activities online](#)

### HIKING

**Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).**

**Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)**

**Thu., Jan. 11. Thursday Morning Hike - Blue Hills, CCC Camp and Domes, Blue Hills Reservation, MA.** Overview Blue Hills - CCC Camp and the Domes 9:45am-2:00pm Moderate to fast pace, with occasional stops. An approximately 7 mile, 4 hour hike with minimal elevation. This is a mostly wooded hike but some trails may be wet or icy. Some trails are 'in + outs' for those doing 'trail tracing'. Bring waterproof hiking shoes or boots, appropriate layering for the weather, snack/lunch, and water. Traction devices such as micro spikes or snowshoes may be required depending on snow conditions. Please bring them to the trailhead. Steady rain or heavy snow will cancel. No dogs allowed - except pre-approved service dogs. Group size is limited to 10 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (781-660-5534 x 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Trail maintenance volunteer.)

**Fri., Jan. 12. Friday Hike - Winter Trail Trace - Little Blue Hill, Blue Hills Reservation, MA.** The winter solstice means our Winter Trail Trace (WTT) fun begins. Have you been working on your WTT map and still need to finish the Little Blue Hill area? Or maybe you need this area for your regular trail tracing map. Is your goal to hike with others who enjoy your enthusiasm of being outdoors? Come join us on this slightly different hike. We will be hiking every trail in the Little Blue Hill area. This hike will be about 6 miles with a modest elevation of about 500 ft. The hike will be 3 ½ to 4 hours depending on the group pace. Be prepared to step over tree roots and rocks. Sturdy footwear for hiking is required. Micro-spikes and/or snowshoes may be necessary depending on trail conditions. Layers are necessary in the winter due to quickly changing weather. Bring plenty of water, a snack or lunch for a few short breaks along the route. Insect repellent and sunscreen are recommended. No pets please. Steady rain/snow will cancel the outing. Participants should have hiked 6 miles recently and climbed some hills with similar elevation gain or have some cardio exercise routine. Contact the leader if you are not sure this hike is appropriate for you. Registration is required for this trip. You do not need to be an AMC member to register but you do need to set up a free AMC account if you don't already have one. L Patricia Everett (508-562-2152 before 7pm, [patriciae568@gmail.com](mailto:patriciae568@gmail.com), Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (52 with a view) summits.) L Ken Cohen (508-942-1536 before 7pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), AMC Member since 2006. Hike leader for both the Southeastern Massachusetts and Boston Chapters since 2017. Has mentored seven current hike leaders. Four-season hiker. Avid nature and photo-journalism photographer.)

**Tue., Jan. 16. Tuesday Winter Trail Trace the Blue Hills Hike #4, Blue Hills Reservation, Southeastern MA.** Are you looking for a fun winter hike? Join us for our Winter Trail Trace, the Blue Hills Hike. This hike is part of a weekly series that will hike various trails throughout the Blue Hills Reservation. You can expect the weekly hikes to be about 5-7 miles long and have elevation gains of up to 1,200 feet each week. We can't guarantee winter conditions, but we will be prepared with micro-spikes and possibly snow shoes if needed. What makes this hike slightly different than a traditional hike is that our goal is to hike every trail in the entire Blue Hills Reservation. We won't complete this during the 13 weeks that the winter series runs, but participants can expect to get a large portion done and be well on their way to earning a much-coveted Winter TTBH Patch! This hike is open to all who qualify. You do not need to be a member of AMC to participate. Registration is required to attend each hike, but you are not required to participate in every hike in the series. If you haven't hiked with us before, you will be asked a few screening questions to ensure the hike suits you. Appropriate hiking clothes for winter hiking, sturdy footwear, 2 liters of water, snacks/light lunch, and a backpack are required. Weather can change quickly, so check the weather before the hike to prepare for the conditions. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy is an SEM chapter Back Country Hike Leader and serves as SEM Hiking Co-Vice Chair.) L Diane Simms (SEM hike leader since 2019. Let's enjoy the outdoors together!) L Hiroko Hardebeck L Madelyn Atwood

**Thu., Jan. 18. Thursday. Morning Hike/Snowshoe Copicut Woods, Indian Town Rd, Fall River, MA.** Meet at 9:45 a.m. Indian Town Rd Parking lot for a 5+ mile moderate hike. You must have recently walked a comparable distance. Be prepared to step over tree roots, some rocks and wet/soggy trails. Required equipment: Waterproof hiking boots or shoes, rain gear, water and snacks. Heavy rains or snow will cancel. Snow or ice will require microspikes, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy has hiked since her teens. Hiking throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and serves as SEM Hiking Co-Vice Chair.) L Walt Granda (508-971-6444 before 9 PM, [wgranda27@gmail.com](mailto:wgranda27@gmail.com), 4 season hike leader, former hiking chair)





## Activities

For the most current information, [search activities online](#)

### HIKING

**Thu., Jan. 18. SEM Beginner Winter Hiking Series - Wachusett #2, Wachusett Mountain, MA.** If you're new to winter hiking, join us for this winter Wachusett hike. Hoping for conditions that will allow us to practice using traction devices. Wachusett is great for conditioning for the bigger mountains in the SEM Winter Series because the ascents/descents are longer than those of the Blue Hills. The planned route will be around 6 miles and 1,700' elevation gain. You need recent hiking experience of this length/elevation. This hike is open to all that qualify and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to those who were confirmed for the cancelled Dec 28 hike.. A full winter gear list will be sent out to confirmed participants, but you can expect to need microspikes for traction devices on this hike. If you'd like to borrow microspikes or poles, please email the leader [DianeMSimms@comcast.net](mailto:DianeMSimms@comcast.net) after you register. The chapter has a limited amount of gear to loan. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.) L Peggy Quicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Lawrence Petrone

**Sat., Jan. 20. Blue Hills Winter Hike, Blue Hills Houghton Pond parking lot closest to the Playground, MA.** Come join us for a fun Winter Hike in the Blue Hills. We will be doing ascents, descents, some scrambling (can be optional), and some lovely, flat walks through the woods. We will get some conditioning, also enjoy some beautiful views, and the company of fellow hikers. This hike will be around 5.5 miles with about 1400ft. of elevation. The hike will be 3 ½ to 4 hours depending on the group pace. We will hike at a moderate pace. The terrain will include elevation and narrow footpaths with rocks and roots. If we have a clear day on the summit of Buck Hill (sneak preview), we will be rewarded by views of Boston Skyline, the Harbor and the Islands. Hiking boots are best for the roots, rocks and scrambles. Microspikes and snowshoes may be required. If anyone doesn't own either of these, let me know and SEM may have some spares. L Madelyn Atwood (978-502-6906 Before 9 pm, [madelynatwood@gmail.com](mailto:madelynatwood@gmail.com). I have been hiking in NH and the Blue Hills since 2007 with a few years off in between. I love hiking, kayaking, bird watching., and getting people involved in the outdoors. I am a Level 1 Leader.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a four-season hike leader for AMC SEM and member of SEM's Diversity, Equity and Inclusion (DEI) Committee. She leads hikes locally and in the mountains, and enjoys introducing new hikers to AMC and the great outdoors.)

**Tue., Jan. 23. Tuesday Winter Trail Trace The Blue Hills Hike #5, MA.** See listing for Jan. 16. L: Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Lawrence is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L William Doherty ([wdoherty1@verizon.net](mailto:wdoherty1@verizon.net), Bill is a Level 1 AMC hike leader for the Boston and SEM chapters, and a four seasons Blue Hill hiker. He is also a trails maintenance volunteer.) L Hiroko Hardebeck (Hiroko is a Level I hike leader for the SEM chapter of AMC.) L Diane Simms (SEM hike leader since 2019. Let's enjoy the outdoors together!)

**Thu., Jan. 25. Winter Conditioning Hikes in the Blue Hills, Blue Hills, MA.** Interested in getting out in the Blue Hills for a good workout this winter? Want to add to your fitness with some local hiking in between jaunts to higher elevations? Consider joining this group for 'off week' hikes-fill in between official NH winter hikes, or just to enjoy winter in the Blue Hills! This is a posting for the first of four hikes. Participants can attend any one or all. Prior participants in the winter conditioning series are encouraged to sign up. New participants are welcome! Participants are expected to have prior winter hiking experience and be able to hike at a strong (enthusiastic) moderate pace carrying & using winter gear. Hikes will cover about 8 miles with 1000-1500 elevation in 3-4 hours. This is NOT an introduction to winter hiking. All participants must have winter clothing, winter boots, snowshoes, micro spikes, poles with baskets, etc. Participants will be screened and are expected to have good conditioning in addition to prior winter hiking experience. Participants will need to register for each session when it is posted. There will be nine participants and a waiting list for five additional participants. Hikes will only be cancelled in the event of dire inclement weather (e.g., heavy rain) or weather that makes travel hazardous. Rendezvous location in the Blue Hills will be sent after your registration is confirmed for each hike, no later than Tuesday the week of the Thursday hike (some routes are weather dependent). Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member Planned dates: 1/25, 2/8, 2/22, 3/7 AMC Trip Policy. L Thomas Graefe (781-659-2441 Before 9:00 PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net))

## Activities

For the most current information, [search activities online](#)

### HIKING

**Thu., Jan. 25. Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, MA.** Winter walk in Whitney & Thayer Woods, along the lovely forest trails of this Trustees of Reservations property. We will start (and end) along the wide flat rail trail, climb a couple of hundred feet on a somewhat rocky path up to the Turkey Hill viewpoint. From there we will head towards the rhododendron grove, cross Brass Kettle Brook, past Ode's den and Rooster Rock, mostly on wide paths with rolling hills, but expect sections of narrow uneven trails with roots, rocks and short steep sections as well. Plan to be out for 3-4 hours, 4-6 miles, depending on weather and trail conditions. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots (and gaiters) suitable for possibly muddy/icy trail conditions (bring traction devices if there has been recent snow or freezing temperatures), clothing suitable for the weather (windbreaker, rain gear, layers, hats, gloves); bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible. L Eva Borsody Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Thu., Jan. 25-28. Winter Weekend on Martha's Vineyard, Long Point Wildlife Refuge, West Tisbury, MA.** Join us for a 3-day weekend exploring the stunning natural beauty of Martha's Vineyard in the quiet off-season, from Thursday night to Sunday morning. We will stay at Long Point Wildlife Refuge in West Tisbury, MA, a 600-acre nature preserve owned by The Trustees of Reservations along the island's south shore. Planned hikes include a day-long ramble on Chappaquiddick (accessed by a small ferry at Edgartown harbor), a half-day hike along the Chilmark moraine, and two shorter walks - in Aquinnah (at the westernmost end of the island) and at Long Point. Hikes are rated moderate, ranging from a five-mile hilly moraine hike to a longer day hike along the mostly flat terrain of Chappy. Hike locations are subject to change depending on weather and trail conditions. Once an early 20th-century duck-hunting camp, the cottage is remote and rustic but comfortably modernized. It is surrounded by open expanses of sandplain grasslands, heathlands, marshes, pitch pine, scrub oak forest, and sandy beach. The property has Atlantic Ocean frontage and abuts four ponds, with abundant birding opportunities. The cottage has six beds in four bedrooms - two with queen beds and two with two twin beds with one full bath and one half-bath. It includes an open living/dining area adjacent to a fully equipped kitchen. For more information on Long Point and its cottage, visit <https://thetrustees.org/place/long-point-wildlife-refuge/> Cost includes three nights' lodging, ground transportation on the island and all meals prepared at the cottage (two dinners, three breakfasts, three bag lunches, snacks). Participants pay for their own transportation to Martha's Vineyard, including Steamship passenger ferry tickets to and from the island (\$20 round-trip) and parking if applicable. The fee for the weekend is \$250 for AMC members and \$300 for non-members, payable to the AMC SEM chapter treasurer by check by Jan. 13. Participants will be confirmed after payment is received. Refunds may be allowed if another participant can fill the spot by Jan. 20. No refunds after that. Trip is rain or shine, but in the event of storm cancellations to ferry transportation, trip may be rescheduled to a later date. If you have any questions, please email trip leader before registering. L Nancy Tutko (508-693-8085, [ntutko@yahoo.com](mailto:ntutko@yahoo.com), Nancy is an AMC SEM level 2 hike leader with WFR certification. A year-round hiker based on Martha's Vineyard for more than 30 years, she enjoys rambling the island's 220 miles of public walking trails and exploring mountain terrain elsewhere. She is training to lead winter hikes.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a four-season hike leader for AMC SEM and member of SEM's Diversity, Equity and Inclusion (DEI) Committee. She leads hikes locally and in the mountains, and enjoys introducing new hikers to AMC and the great outdoors.)

**Tue., Jan. 30. Tuesday Winter Trail Trace the Blue Hills Hike #6, MA.** See listing for Jan. 16. Come join us for our Winter Trail Trace the Blue Hills Hike. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Lawrence Petrone is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L Madelyn Atwood ([MadelynAtwood@gmail.com](mailto:MadelynAtwood@gmail.com), Madelyn is a Level I hike leader for SEM and an experienced 4-season hiker and summer kayaker. She likes a challenge, nature, and AMC hikes.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Anne McKee ([mckee822@gmail.com](mailto:mckee822@gmail.com), Ann is currently working on her Level I hike leader qualifications. She enjoys hiking, biking and skiing, and sharing outdoors with others.)

**Thu., Feb. 1. Thursday Morning Hike/Snowshoe - Blue Hills Ponkapoag Pond Loop - Canton, MA.** Moderate pace, with occasional stops. An approximate 5-mile hike around The Pond. Bring waterproof hiking shoes or boots, snack/lunch, and water. MICROspikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp down at the pond, weather permitting. Steady rain or heavy snow will cancel. Well behaved dogs on leash are O.K. Group size is limited to 15 hikers plus the leaders. This trip is often wait-listed, so please cancel your registration if you can no longer attend. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Frequently joins group hikes in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Longtime AMC Hike Leader, and hike-leader mentor for the Southeastern MA and Boston Chapters. Avid nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018, and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)([patriciae568@gmail.com](mailto:patriciae568@gmail.com))





## Activities

For the most current information, [search activities online](#)

### HIKING

**Sat., Feb. 3. SEM Beginner Winter Hiking Series #4- Mt Moosilauke, Benton, NH.** If you're new to winter hiking, join us for the 4th of our Beginner Winter Hikes as we hike Mount Moosilauke (4,802') located in Benton, NH. Mount Moosilauke is one of the 48-4,000 footers and is considered by many to offer some of the best views in NH. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Kinsmans (North), Franconia Ridge (Northeast) and Green Mountains and Adirondacks (West) on a clear day. The planned route is the Mount Moosilauke loop hike via the Gorge Brook Trail, Carriage Road, and Snapper Trail. The hike has a distance of approximately 9.7 miles with elevation gain of just over 2,800'. We will be hiking at a moderate pace, and we should complete the trip in around 7-8 hours. This hike has an AMC Activity Rating of Vigorous. This hike is open to all that qualify and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. Full winter gear will be required for this hike. A winter gear list will be provided to those who are confirmed for this hike. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Raju Jaldy ([raju.jaldy@gmail.com](mailto:raju.jaldy@gmail.com), SEM chapter All Season Back Country Hiking Leader. Enjoys being outdoors hiking in New England Hills and Mountains.) L Jeannine Audet. L Dia Prantis

**Tue., Feb. 6. Tuesday Winter Trail Trace the Blue Hills Hike #7, MA.** See listing for Jan. 16. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Lawrence Petrone is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L William Doherty ([wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Bill is a Level 1 AMC hike leader for Boston and SEM chapters, and a four seasons Blue Hill hiker. He is also a trails maintenance volunteer.) L Madelyn Atwood ([MadelynAtwood@gmail.com](mailto:MadelynAtwood@gmail.com), Madelyn is a Level I hike leader for SEM and an experienced 4-season hiker and summer kayaker. She likes a challenge, nature, and AMC hikes.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Feb. 8. Thursday Rocky Woods Hike, MA.** During this 5 to 6 mile walk in the woods we will pass three ponds, one or two with beaver presence, a trail lookout, a whale rock, a rocky hemlock knoll (optional), and a quarry. Pace will be 1.5 - 2 mph and total elevation ascent of 558 feet. The hike may be shortened to 5 miles depending on conditions. Dress in layers (no cotton) for winter conditions, possibly requiring micro spikes or snowshoes. Bring a trail lunch/snack and water. There is a \$6 parking fee for non-members of the Trustees. L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

**Tue., Feb. 13. Tuesday Winter Trail Trace the Blue Hills Hike #8, Blue Hills Reservation, MA.** See listing for Jan. 16. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Lawrence Petrone L Len Ulbricht ([lwu9944@verizon.net](mailto:lwu9944@verizon.net))

**Tue., Feb. 20. Tuesday Winter Trail Trace the Blue Hills Hike #9, Blue Hills Reservation, MA.** See listing for Jan. 16. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Len Ulbricht ([lwu9944@verizon.net](mailto:lwu9944@verizon.net)) L Madelyn Atwood L Robin Melavalin (Robin Melavalin has been leading trips for the AMC for 15+ years in New England and internationally. She has certifications in CPR and Wilderness First Responder. She enjoys helping people have new experiences with outdoor adventures.)

**Thu., Feb. 22. Thursday Morning Hike, Borderland State Park, 259 Massapoag Ave. North Easton, MA.** Enjoy a moderate 5+ mile hike exploring Borderland State Park. You must have recently walked a comparable distance. Be prepared to step over tree roots, some rocks and wet/soggy trails. Bring waterproof hiking shoes or boots, rain gear, 1 liter water, and snacks/lunch required. Micro spikes or snowshoes may be required depending on snow or icy conditions. Weather, pace or trail conditions may shorten the hike. The hike might be canceled due to heavy or steady rains. Parking fee for MA residents is \$5.00. Non-MA residents \$20.00. Parking is free for those who have a Massachusetts State Parks pass. L Walt Granda (508-971-6444 before 9:00 PM, [wgranda27@gmail.com](mailto:wgranda27@gmail.com), Four season hike leader--former hiking chair)



## Activities

For the most current information, [search activities online](#)

### HIKING

**Thu., Feb. 22-23. Tuckerman Ravine Hike + Talk, Tuckerman Ravine, NH.** Join us for a winter day hike to Mt. Washington's Tuckerman Ravine, preceded by a talk on winter safety in the White Mountains by Jeff Fongemie, director of the Mt. Washington Avalanche Center. Jeff will give an evening presentation to our group on Thursday, Feb. 22, at Joe Dodge Lodge. He is a seasoned avalanche forecaster, mountain guide, and technical rescue leader, with a career spanning over three decades. He is well-versed in snow science, human behavior, decision making, team-based high-angle rescue, and computer programming. He is currently the Vice President of Mountain Rescue Service, a Wilderness EMT, and a member of the American Avalanche Association.

The next morning, Friday, Feb. 23, our group will hike up the Tuckerman Ravine Trail to Hermit Lake Shelters (aka HoJo's), where we'll stop for a break and a visit with AMC's Hermit Lake caretaker. From there, if conditions allow, we'll head up to the floor of Tuckerman Ravine. We will not hike further in the ravine itself. This moderately paced 5.75-mile (round-trip) hike with a total elevation gain of about 2,400' offers a solid uphill workout and a few potentially challenging sections. It's a steady ascent from Pinkham Notch to Hermit Lake, and the wide, snowy trail along this popular route is usually well-packed. However, as the trail continues from Hermit Lake to the base of the ravine at 4,400' above sea level, it becomes more challenging, with a steep, increasingly exposed rocky staircase, snow drifts, and often windy conditions. The out-and-back hike is expected to take 6-7 hours to complete, depending on weather and trail conditions. Sturdy traction devices such as Kahtoola Microspikes or Hillsound are required for this hike, along with snowshoes, hiking poles with baskets, and insulated winter hiking boots. Participants should be in good physical condition and have recent winter hiking experience of similar mileage and elevation gain.

Leaders will interview all interested hikers to determine whether this is an appropriate hike for you. To address unforeseen challenges such as adverse weather or unacceptable trail conditions, the hike details may be modified. Participants are responsible for booking their own overnight accommodations for Thursday, Feb. 22. On-site lodging is available at Joe Dodge Lodge. For details, call 603-466-2727, select option #1, and reference AMC SEM group # 676859 (Mon-Sat, 10 am to 5 pm). L Nancy Tutko (508-693-8085 Before 8 pm, [ntutko@yahoo.com](mailto:ntutko@yahoo.com), Nancy is an AMC SEM level 2 hike leader with WFR certification. A year-round hiker based on Martha's Vineyard, she enjoys rambling the island's 220 miles of public walking trails and exploring mountain terrain elsewhere. She is training to lead winter hikes.) L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid four-season hiker. He is a longtime AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH 4,000' mountains multiple times including winter. He also enjoys trail work and running.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a four-season hike leader for AMC SEM and a member of SEM's Diversity, Equity and Inclusion (DEI) Committee. She leads hikes locally and in the mountains, and enjoys introducing new hikers to AMC and the great outdoors.)

**Tue., Feb. 27. Tuesday Winter Trail Trace the Blue Hills Hike # 10, Blue Hills Reservation, MA.** See listing for Jan. 16. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net)) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Madelyn Atwood

**Thu., Feb. 29. Thursday Morning Hike - Leap Day at F. Gilbert Hills, MA.** Join us on a Leap Day hike through F. Gilbert Hills State Forest. Our roughly 6.5-mile hike will take us past Sunset Lake, and the area around the Acorn trail and trails adjacent to the Warner trail. There will be some climbing with a total elevation of approximately 890 feet. We will be hiking a moderate pace for approximately 4 hours. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Lawrence Petrone is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Frequently joins group hikes in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Longtime AMC Hike Leader, and hike-leader mentor for the Southeastern MA and Boston Chapters. Avid nature photographer.)

**Tue., Mar. 12. Tuesday Winter Trail Trace the Blue Hills Hike # 12, Blue Hills Reservation, MA.** See listing for Jan. 16. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net)) L Lawrence Petrone ([lpetrone57@gmail.com](mailto:lpetrone57@gmail.com)) L Madelyn Atwood L Benjamin West





## Activities

For the most current information, [search activities online](#)

### SKIING

**Fri., Feb. 16-19. Pinkham Notch Cross-Country Ski Weekend, Pinkham Notch, NH.** Join us for a 3-day cross country adventure during which we might ski at Bretton Woods, Great Glen Outdoor Center, or Bear Notch Ski Area. We will be staying at the Harvard Outing Club Cabin from Friday to Monday, February 16-19 2023. The cabin is less than a 15-minute drive from Pinkham Notch Visitor Center located on Rte. 16. Cost includes only lodging. We will bring in food for our group meals and snacks. Harvard Outing Club Cabin offers loft sleeping space for group trips up to 24. You will need to bring your own sleeping pad, bag, and pillow. The cabin includes a large living area with a gas heater, a kitchen with two gas stoves for cooking, refrigerator, utensils, cookware, cups, and plates, well water with a pump, and an outhouse. L Dia Prantis (617-504-8797 Before 9 pm, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Hike and ski leader who loves winter outings! You can only enjoy winter if you are out in it!) L Jeannine Audet (508-493-8221, [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine is SEM chapter vice-chair. Hike, bike and ski leader, Jeannine looks forward to skiing each year!)

### DIVERSITY, EQUITY, & INCLUSION

**Tue., Jan. 23. SEM Diversity, Equity and Inclusion (DEI) discussion via Zoom, online, MA.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader)

### TRAILS

**Sat., Jan. 27. Hiking and Winter Clean Up at the Blue Hills Reservation, MA.** We plan to hike and clean the up a section of the Blue Hills Reservation, as long as weather cooperates. The specific area will be chosen several days before the trails event. Several areas are being considered, including the area around Ponkapoag Pond and part of the Skyline Trail. Trails work includes clearing fallen branches on the trails, and in some cases cutting fallen trees. We plan to hike approximately 4 miles in total. Steve Scala and Larry Petrone of the Southeastern Massachusetts Trails Committee will provide tools and work gloves to volunteers, and lead the work. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Lawrence Petrone is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L Stephen Scala ([smsca59@gmail.com](mailto:smsca59@gmail.com) , Steve is a runner and 4-season hiker. He is also Chair of SEM's Trails Committee.)



*Happy Trails!*

THE END